



Tallil Times

Vol. 1, Issue 25

332nd Air Expeditionary Wing, Tallil Air Base, Iraq

Friday Oct. 31, 2003

NEWS BRIEFS

No More Malaria Pills

Members of the 332nd Air Expeditionary Wing are advised to stop taking their anti-malarial medications. All members will need to take a two-week course of Primaquine upon their return to their home station. This medication should be prescribed to returning servicemembers. However, the 332nd EMEDS still recommends that all troops continue to employ preventive measures for insect control, utilizing bed nets, DEET skin lotion, and permethrin treated uniforms.

Uniform Recycling

Members departing the AOR who want to get rid of their old Desert Camouflage Uniforms may donate them to the 332nd AEW's uniform recycling program. These uniforms will be re-issued to members deployed to the AOR without DCU uniforms. A collection box for donated DCUs is located in front of the 332nd ESVS Rec. Tent. Members are reminded to wash and remove all name tapes, rank and uniform insignia from their DCUs before placing them in the box. For more information, contact the program coordinator, Airman 1st Class Kara Philp at 459-0014.

Fire Phones in Tent City

Fire Phones have been strategically positioned throughout tent city. These phones will automatically ring 911 when the handset is lifted, so they can not be used to call anywhere else on base or off. The phones are labeled "Emergency Phone Only."

AEF Silver rotation begins

Deployed members from AEF Blue scheduled to return home



Photo by Master Sgt. Don Perrien

▲ **BUILDING A BETTER PALLET:** Members of the 332nd Air Expeditionary Wing assigned to Tallil Air Base as part of Air Expeditionary Force Blue place their equipment on a pallet in preparation for their return home. Members of AEF Silver began arriving on base this week for a four month deployment replacing their AEF Blue counterparts.

by Master Sgt. Don Perrien 332nd AEW Public Affairs

The normal hustle and bustle of Tent City will reach a fever pitch over the next few weeks as the 332nd Air Expeditionary Wing prepares to rotate the majority of its personnel home from Tallil Air Base.

The men and women deployed as part of Air and Space Expeditionary Force Blue are nearing the end of their scheduled 120-day tours and being replaced by personnel assigned to support AEF Silver.

These two AEFs were created to help the Air Force in transition back to a steady state of operations and a normal schedule of air and space expeditionary force rotations.

In an effort to support the additional requirements of Operation Iraqi Freedom and Operation En-

during Freedom and put the Air Force's deployment schedule back on track by March 2004, the service established two transitional AEF forces, Blue and Silver.

AEF Blue went on call to fulfill mission requirements in July and is in the process of returning its members home during the month of November. People supporting AEF Silver will be on call until March, when the Air Force's regular AEF rotations are scheduled to commence.

"The first members of AEF Silver, the last 120-day rotation to get the Air Force AEF cycle 'back on track,' arrived at Tallil this week," Capt. Debbie Horne, PERSCO team chief said. "Silver arrivals will continue throughout the month of November and early December."

As hard to believe as it may

seem, most members of the departing AEF Blue rotation are excited to be leaving Tallil.

"I've been counting down the days until I get on the rotator since July," said Capt. Jennifer Clay, 332AEW staff judge advocate. "The first thing I plan to do when I get home is to unpack and relax in the comfort of my own home – which I haven't seen in six months.

In contrast, many of the newly-arriving members of the 332nd AEW are looking forward to their deployment to Tallil AB.

"I'm looking forward to being here because I expect to have a lot of challenges placed before me," Staff Sgt. Heather Guimond, an intelligence analyst from Minot N.D. said. "Besides, the blowing sand here sure beats the blowing snow in North Dakota."



Commander's Corner

There are many new faces arriving to the 332nd Air Expeditionary Wing this week—and through out the next few weeks as well. For our new arrivals, I'd like to personally welcome each of you to Tallil Air Base.

You are now a part of the 332nd AEW, a unit with a rich and lasting legacy of excellence. From our roots as the Tuskegee Airmen to our current mission of supporting Operation Iraqi Freedom, this wing has set the standard for airpower excellence.

I am looking forward to working with each of you during your rotation, together we will continue to lead the way towards building a free and safe Iraq for its people.

Fast food arrives at Tallil

by Airman 1st Class Kara Philp

332nd AEW Public Affairs

The much anticipated opening of Tallil's very own Burger King and Pizza Hut took place Oct. 24.

The first Pizza Hut and second Burger King in Iraq are now open to all Tallilians from 10 a.m. to 8 p.m. daily on the corner of 7th and Broadway.

Although there is no drive-thru, the restaurants' menus are not much different from the ones in the states.

Burgers, pizza and a variety of side orders are all on the menu — just like at home.

"It's important for the troops because it reminds them of home," said George Ricker, AAFES site manager. "If you can't be there, you might as well taste like you're there."

The AAFES team calls the new facilities a "great success."

"I got my first pizza in six months and from what I remember, it tastes just like at home," said Airman Tony Alicea, 1st Air Combat Centre data link technician.

Airman Alicea, who works side-by-side with British Forces also said, "it's cool to see all the different forces come together for some good ol' American fast food."



Photo by Airman 1st Class Kara Philp

▲ **DIG IN:** Senior Airman Misty Dewberry, 332nd Expeditionary Medical Group Emergency Room medical technician, enjoys a pizza from the first Pizza Hut in Iraq, shortly after the new facility's ribbon cutting ceremony Oct. 24.

According to Mr. Ricker, communication was key to opening the restaurants.

"A lot of hard work and communication between us and the Army, Air Force and the contractor went into this and we're happy to have it," Mr. Ricker said. "It's just one more piece of the mission. I think the hard work is done."

As a reminder, all Air Force tent city residents are required to be in uniform while at the Pizza Hut and Burger King.

ACTION LINE

332AEW.actionline@tlab.aorcentaf.af.mil

The Commander's Action Line is the direct link to the 332nd AEW Commander, Col. Marke F. Gibson. It's your opportunity to make Tallil Air Base a better place to live, work and play.

First give your chain of command and the appropriate base agencies a chance to solve the problem, but if you don't get a satisfactory answer, send an e-mail to 332AEW.actionline@tlab.aorcentaf.af.mil.

Items of basewide interest may be published in the Tallil Times.

Q: Why do the letters and packages I mail from the post office here take so long (over three weeks) to get home?

A: We are currently experiencing a slow down of mail in the AOR. This is due to the current rotation of Air Force personnel and the Army's R&R Program. Personnel have priority over mail on military airlift and can lead to a 1 week increase in delivery time. Other variables including class of mail, final destination and the size of the mail are also a factor. Smaller packages and letters take priority as more can be loaded on aircraft. Also note, we will soon see a drastic slow down of mail coming into the theater due to holiday mail being introduced in to the postal system.



Photo by Senior Airman Karolina Gmyrek

◀ **A SPECIAL VISITOR:** Lt. Gen. Peach Taylor, Air Force Medical Corps Surgeon General, and Col. Jay Johannigman, 332nd Expeditionary Medical Group deputy commander, visit with a young Iraqi child who was seriously injured by an Iraqi land mine. General Taylor visited Tallil Monday as part of a theater tour of Air Force Medical Service facilities.

EDITORIAL STAFF

The Tallil Times

Vol. 1, No. 25 Oct. 31, 2003



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The TALLIL TIMES accepts stories, photographs and commentaries, which maybe submitted to the PA

staff located in the Wing Operations Center (WOC) or can be sent directly to the newspaper at tallil.times@tlab.aorcentaf.af.mil

Deadline for publication is 2 p.m. Thursday before the week of publication. All submissions are edited for content and Air Force journalistic style. Submission of articles and photos does not guarantee publication. The editor reserves the right to publish, reject and edit all news stories in accordance with the TALLIL TIMES editorial policy. For more information, visit the PA office located in the WOC, call 459-0014, or e-mail the staff at tallil.times@tlab.aorcentaf.af.mil



IN BRIEF

All times are local.

AF Worship Services

Worship is at 332nd AEW Chapel, unless otherwise noted.

Catholic

Daily Mass: Monday through Friday, 6 p.m.
Vigil Mass: Saturday, 6 p.m.
Confessions: 5 to 5:40 p.m. in the Blessed Sacrament Room
Sunday Mass: 8 a.m.
POC: Ch. Eugene Theisen at 459-0038

Protestant

Noon Prayer/Praise
Monday through Friday, 11 to 11:15 a.m.
Lutheran/Episcopal Communion: Saturday, 7:30 p.m.
Traditional
Sunday, 9:30 a.m.
Liturgical Communion
Sunday, 10:35 to 11:15 a.m.
Gospel Service
Sunday, 11:45 a.m. to 1:30 p.m.
Contemporary, "nondenominational"
Sun, 7 p.m.
POC: Ch. Rodger Ericson, 459-0038

Latter Day Saints

Lay-Led Service
Sunday, 2 p.m.
POC: Staff Sgt. Hager, 573-1107

Jewish

Lay-Led Service
Friday, 8 p.m.
POC: Ch. Ericson, 459-0038

Muslim

(LSA Adder Chapel)
Prayer
12:30 p.m. and sunset daily

Bible Studies

Women's
Tuesday, 7:30 p.m. (chapel)
Men's
Tuesday, 7:30 p.m. (Chapel annex)
Catholic (RCIA)
Thurs, 6:30 p.m. (chapel annex)
Catholic
Sunday, 6:30 and 7:30 p.m. (Chapel annex)
Men and Women
Thursday 7:30 p.m. (chapel annex)
LDS Study
Thursday, 7:30 p.m. (chapel annex)
Chaplain Led
Saturday, 6 p.m. (chapel annex)

AF and Army Notices

Morale Calls

Do not use workplace phones for morale call purposes.

Driving on Base

Speed limits on base are 20 mph. Helmets are required in all tactical All-Terrain Vehicles (ATV's) and "Gators."

Run Routes

Running in groups of two or larger is authorized in two locations: from the BX/PX parking lot and off the main gate road toward the burn pit. The required uniform is T-shirt and shorts or pants. Running is not authorized on any other road.

Ammunition Storage

The 38th Ordnance Group provides ammunition storage for units on Tallil Air Base. Contact Mr. Matheson at 573-1258 for more information.

Ziggurat of Ur

Visits to the Ziggurat require a pass. For information, U.S. Army personnel may call 573-1107.

Air Force Services has expanded its tour schedule to include two afternoon visits to the Ziggurat. For more information, call the Air Force Rec. Center at 459-0121. The schedule is as follows:

Saturdays, Tuesdays, Thursdays:
10 a.m. (show time of 9:30 a.m. at the Rec. Center).

Sundays and Wednesdays:
2 p.m. (show time of 1:30 p.m. at the Rec. Center).

If you read this – you may be a winner. The first person to call the 332nd EPA staff at 459-0014 will receive a free soda or cup of coffee, plus a certificate as the "Sharp-Eyed Reader of the Week!"

AF Volunteers needed

Volunteers are needed for 5K Fun Runs. For more information, call AIC Bret Lockerbie at 459-0118.

332nd ESVS News

"The Hot Spot" Rec. Center

Bingo is scheduled for 7 p.m. tonight at the outdoor theater.

What's playing?

Tonight:
13 Ghosts (indoor at 8 p.m.)
The Rocky Horror Picture Show (outdoor at 10 p.m.)
Saturday:
Life of David Gale (indoor at 6 p.m.)
NCAA Football (outdoor at 8 p.m.)
Sunday:
Crouching Tiger Hidden Dragon (indoor at 6 p.m.)
NFL Football (outdoor at 7 p.m.)

"Muscle Beach" Fitness Center

A trick-or-treat 5K run/2 mile walk is scheduled for today. Meet in the parking lot of finance at 6:30 a.m.

Halloween Happenings

Cricket Cinemas - All day scary movie marathon in the indoor theater.

A Costume Contest is scheduled for 7 p.m. at the Rec. Tent. Cash prizes will be awarded for 1st, 2nd and 3rd place winners.

Open mic night is scheduled at the library from 8 to 10 p.m. Come by to listen to or read some poetry and have a cappuccino.

332nd AEW Warrior of the Week

Tech. Sgt. Shane Lundstrom



Unit and duty title:
332nd Expeditionary Civil Engineer Squadron heavy equipment craftsman

Home unit: 2nd Civil Engineer Squadron, Barksdale Air Force Base, La.

Why other warriors say he's a warrior: "Sergeant Lundstrom is one of the leaders of our coveted 'dirt

boys,' he is a work horse who gets the job done" said Capt. BJ Pringle, 332nd ECES Operations Flight commander. "He led a group of Army engineers to remove 2,000 tons of FOD from the airfield and repaired 179 spalls on runway 30R in one month. While doing this he also made time to build wall lockers for the Iraqi orphanages in An Nasiriyah supporting Operation Care. He's a big guy with a big heart."

Hobbies: Hunting, fishing, golfing, refinishing furniture and anything that includes my family.

REMEMBER ...

throwing your DCUs away is a force protection concern. If you don't want to pack them home, donate them to the

Uniform Recycling Program.

Call 459-0014 for details



Murals add color, tradition to Tallil AB

by Airman 1st Class Kara Philp

332nd AEW Public Affairs

As the quality of life at Tallil improves with each passing day, Tallilians have found more and more ways to express their creativity.

For some people it may be reading poetry at the library or designing self-help projects, but some people just want to paint.

Service members usually create murals to remember home or to bring attention to the unit they serve, and some units consider it a tradition. What usually starts with some creativity and an idea, gradually turns into a search for paint and brushes and in the long run is a gift to present and future Tallilians.

U.S. troops aren't the only ones responsible for the murals found all across Tallil. Paintings of the base's past are a common sight.

An empty frame near the flightline once displayed a larger than life painting of Saddam Hussein, and paintings of flags and Iraqis holding signs and the country's fighter aircraft can be found throughout the 332nd Expeditionary Logistics Readiness Squadron Distribution Flight building.

But recent murals tell quite another story.

Varying in size — some of Tallil's murals cover the entire side of a building and some are as small as a Polaroid photo.

One of the base's most impressive murals is located on the front of the Oasis of Peace Chapel.

Chaplain (Lt. Col.) Rodger Ericson, 332nd Air Expeditionary Wing chaplain, the chapel



Courtesy photo

▲ **TRIBUTE:** One Tallilian takes time out of a busy day to admire the work of Tech. Sgt. Joseph Maggio and his crew — a tribute depicting the World Trade Centers.



Photo by Airman 1st Class Kara Philp

▲ **HERITAGE:** A Mural of a U.S. Flag, a Tuskegee Airman and a B-51 mustang on the flightline next to the ECP nearest the PAX terminal. The mural was transported from Al Jabber Air Base, Kuwait.

staff and a team of volunteer artists met to determine what would look good on the chapel's wall.

The group sought to appeal to the multiple faiths who use the chapel and create and create a positive, uplifting mural.

The finished product is a painting of an oasis scene and the house of Abraham that covers the entire front of the chapel and separates it from the landscape of tent city.

"I am so proud of their work," Chaplain Ericson said. "The chapel is an oasis, a respite, a place for refreshment when a person is weary."

Not far away, outside of tent city sits a hangar bearing a very significant, yet simple mural.

Tech. Sgt. Joseph Maggio, assigned as a flight engineer with the 39th Rescue Squadron, Patrick Air Force Base, Florida, chose to remember and honor the victims of September 11, 2001 by painting a 20- by 10-foot tribute depicting the World Trade Centers.

"One day when I was walking from the aircraft to the hanger, I looked at the concrete doors and saw two towers standing there," Sergeant Maggio said.

The concrete rolling doors that were designed to protect the structure during an attack reach a height of more than 20 feet.

On the other end of the flightline, outside the PAX terminal, a much smaller mural dominates the landscape.

The mural, painted on a concrete barrier that was recently shipped up from Al Jabber Air

Base, Kuwait, is a tribute to the Tuskegee Airman of the 332nd Fighter Wing and is a constant reminder to those leaving the flightline.

Other murals on Tallil are much smaller, but equally impressive.

After a recent visit to Tallil, several Air Force artists left their mark in the inside the 332nd Logistics Readiness Building. The once bare walls are now decorated with sketches of the various aircraft and equipment assigned to Tallil.

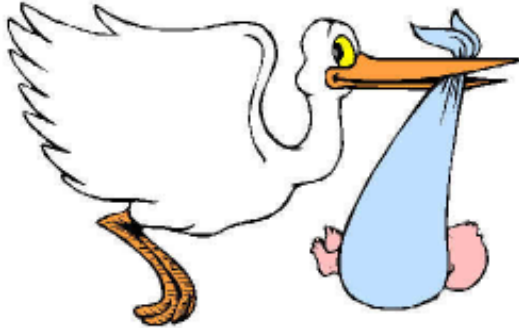
Others have decorated the doors to their tents and the walls of their duty sections.

Whether the murals are large or small, each of them adds color to the dull landscape that is Tallil Air Base.



Photo by Airman 1st Class Kara Philp

▲ **AN ORIGINAL:** A mural of Iraqi people holding flags and signs in one of many paintings decorating walls of the 332nd ELRS Distribution Flight building.



THE LITTLEST TALLILIAN

EMEDS helps mom deliver child in Tent City hospital

by Master Sgt. Don Perrien
332nd AEW Public Affairs

The cluster of tents in the corner of Tallil's Tent City that make up the 332nd Expeditionary Medical Group were bustling with unusual activity Oct 22. In facilities designed to support the needs of a deployed combat unit, the members of the 332 EMEDS gathered together to deliver a healthy seven-pound baby girl — the first child ever born on Tallil Air Base.

Staff Sgt. Kent Willette created a makeshift delivery room and nursery from the hospital's primary care area. Sliding a spare bed out of the way and moving some equipment, he left a single bed alone in the hastily formed cubicle. As an independent duty medical technician for the 332nd EMEDS, he had made the best of limited resources for the past three months, but making a delivery room in a combat hospital wasn't exactly what he imagined doing at the start of his day.

"I've seen a lot of things here, some of them horrible — but this was beautiful,"

Sergeant Willette said. "I've worked labor and delivery for three years, and it's my favorite thing.

"I was ready to move mountains to make this happen," he said. "Building a delivery room wasn't going to be a problem."

Over in the examination room, Army Maj. Elizabeth Shanley knew

she would need the delivery room soon. The Army physician expected to have many chances practicing her medical skills with gunshot wounds and other combat-related injuries, but delivering a baby in an Air Force hospital wasn't exactly what she imagined doing when she first deployed to Iraq from Fort Lewis, Wash.

"I never thought I'd deliver a baby here," Dr. Shanley said. "This has been a light in my time in Iraq. Delivering a child, where we're at, in these conditions, has made the whole experience worthwhile."

Moslem Alrikabi, and his wife Rafah worked with the Italian Army's Civil Affairs agencies as part of the coalition forces stationed in Al Nasiriyah, coordinating their visit to Tallil

AB's hospital. For the Alrikabi family, their trip to the Tallil AB hospital was only a short stop in a long journey looking for freedom.

After the first Gulf War, Moslem Alrikabi had escaped Iraq beginning a new life for himself and his family in America, finally settling down in Dearborne, Michigan. After the fall of Saddam

Hussein's regime, he came back to An Nasiriyah visiting and checking in with family members he hadn't seen since leaving the country seven years ago.

Moslem, Rafah, and their first daughter Al'aa spent a month reuniting with relatives feared lost. The family was planning their



Photo by Master Sgt. Lance Cheung

▲ **HAPPY FAMILY:** The Alrikabi family (l-r) Moslem, Al'aa, Rafah, and baby Malach with their attending physician Army Maj. Elizabeth Shanley. Malach was the first child born at Tallil Air Base, Oct. 22.

return back to America, but their plan hit a crucial snag when their airline refused Rafah to board the plane in her advanced state of pregnancy.

"I came back to see my family," Moslem said. "Now that Saddam is gone, I thought it was safe to see them again. We wanted (to go) back home (for delivering the baby), to Dearborne, but it wasn't possible."

After making sure the relatives they left behind were safe and cared for, the Alrikabi's focused their attention on their own family matters. Rafah's contractions became increasingly closer, until the time when they knew the baby was coming.

When the staff of Tallil's EMEDS saw the Alrikabi family, Rafah was ready to increase the Tallil Air Base population by one. About nine hours later, she delivered a new daughter, Malach, to the delight of her family and the medical staff.

"I was so glad to have my baby here," Rafah said. "The doctors took such good care of me. I can never thank them (enough) for their help."

The way in which the men and women of the 332nd EMDG supported the Alrikabi family was no surprise to the group's commander, Col. William B. Klein.

"The team of medical professionals here at Tallil are amazingly talented," Colonel Klein said. "The diversity of personnel here, including Reserve, Guard and active duty - both Air Force and Army, give us a team with outstanding capabilities.

"Whether its trauma surgery, killing sand flies or birthing babies, the personnel of the 332nd EMDG do a fantastic job," he said. "Adapting our EMEDS to serve as a birthing facility is just another testament to the outstanding work of this staff."



Photo by Col. Jay Johannigman

Malach
"The Littlest Tallilian"



Safety First

Getting rid of "Get-home-itis"

"He's performed his duties task for the last 110 days with no problems but he may be suffering from "Get-home-itis" due to the fact that he is supposed to rotate back to his home-station next week."

This type of attitude is quite commonly seen here or at any deployed location toward the end of each rotation. Being an investigator, I immediately did some research to identify any symptoms associated with **Get-home-itis** and listed them below. As a supervisor, you should review these symptoms to see if any of your people could be afflicted with this potentially deadly disease:

- **FIRST STAGE:** Initial evidence of **Get-home-itis** is having an established departure date. Afflicted personnel may concentrate on this; supervisors must be alert for any noticeable changes in the individual's work standards. It is also a good idea to take note of the person's rotation date to help identify the later stages of **Get-home-itis**.
- **SECOND STAGE:** More noticeable changes may begin to occur at this time. This stage begins when individuals are within about **10 days** of their final duty day. For some unknown reason they seem to think their height is shorter. You could refer to this as the "Double - Digit Midget Syndrome." Sound familiar?
- **THIRD STAGE:** The final and most deadly stage. The appearance of a briefcase and a large smile when the worker reports to work is a sure sign that advance stages of **Get-home-itis** have taken root. Usually this starts within **5 days** of the final duty day. The individual may also start talking in broken English using such terms as "gone" or "short."

Although the above statements may seem humorous, we as supervisors must constantly be aware of any condition that detracts from a safe working environment. We must impress upon our people to adhere to the required safety standards. Failing to realize this could result in St. Peter being their next reporting official. (Information courtesy of the 332nd AEW Safety Office)

World safer because of U.S. actions, Bush says

by Jim Garamone

American Forces Press Service



President Bush

WASHINGTON – The world is safer today because Saddam Hussein and the Taliban are gone, President Bush said during a White House press conference Tuesday.

He said the will of the United States cannot be shaken by "suiciders who are willing to drive up to a Red Cross center – a center of international food and aid and comfort – and just kill."

The president said this is the same terrorist mentality that was behind the attacks of Sept. 11, 2001. The terrorists expected the United States to "crater in the face of hardship," Bush said.

The president urged Congress to act quickly to pass the \$87 billion supplemental budget request that includes \$20 billion for aid to Afghanistan and Iraq. He also expressed satisfaction on the unanimous passage of U.N. Security Council resolution 1511 that endorses a multinational U.N. force for Iraq under U.S. command and encourages the nations of the world to assist in reconstruction in Iraq.

"We're now working with many nations to make sure that Afghanistan and Iraq are never again the source of terror and danger for the rest of the world," Bush said.

Bush said he is pleased with the financial commitments other countries have made to rebuild Iraq and Afghanistan. Yet he said that more than two decades of oppression and brutality in Iraq and Afghanistan make reconstruction difficult. "Freedom still has its enemies in both those countries," he said, and terrorists are taking a look at the progress the coalition is making and

targeting examples of that success and freedom.

"Their desperate attacks on innocent civilians will not intimidate us or the brave Iraqis and Afghans who are joining in their own defense and are moving toward self-government," Bush said. "Coalition forces aided by Afghan and Iraqi police and military are striking the enemy with force and precision."

Bush said the attacks in Iraq are the work of Baathists and foreign terrorists. He said the Baathists are striking because they hope to restore Saddam to power and regain their privileged position in Iraq. "The foreign terrorists are trying to create conditions of fear and retreat, because they fear a free and peaceful state in the midst of a part of the world where terror has found recruits. That freedom is exactly what terrorists fear the most," Bush said.

Bush said it would be a shame if countries saw the attacks in Iraq as a reason not to support the coalition effort. Terrorists are hoping for precisely that reaction, he said.

"And that's why it's important for this nation and our other coalition partners to stand our ground, to improve our intelligence, to move quickly when we find good intelligence to bring people to justice," he said. "The terrorists rely on the death of innocent people to create the conditions of fear that therefore will cause people to lose their will."

"That's their strategy," he continued. "And this country will stay the course. We'll do our job. And ... it's in our interest that we do our job for the free world."

Bush said a free Iraq is essential to creating the conditions for peace in the region. He said the United States will stick with what he considers a smart strategy.

"Iraq's a dangerous place, ... and I can't put it any more bluntly than that," the president said. "I know it's a dangerous place. And I also know our strategy to rout them out, which is to encourage better intelligence and get more Iraqis involved and have our strike teams ready to move, is the right strategy."

The Tallil Times

is available on the World Wide Web at:

<http://www.afnews.af.mil/internal/tallil/Tallil.pdf>



Army donates excess meds to Iraqis

Programs turn \$100,000 of unused DoD medication from “Trash to Treasure” for Iraqi people

by Spc. Kelly Hunt

4th Public Affairs Detachment

BAGRAM, Afghanistan – An excess of medical supplies and medications supplemented a shortage faced by Afghan hospitals and clinics as American troops delivered nearly \$100,000 worth of medical supplies to the Bagram area Oct. 21.

The excess would normally be discarded, but the need for the same supplies in neighboring communities was recognized just in time, putting a true meaning to the saying “one man’s trash is another man’s treasure.”

Items such as antibiotics, sterile surgical gloves, syringes and bandages were some of the supplies donated to the hospitals and are items local hospital and clinic personnel have a hard time acquiring.

“I visited a couple of their clinics where their dressing rooms had nothing (and) I didn’t want to let this material go to waste,” said Col. Dalton Diamond, Combined

Joint Civil Military Operations Task Force surgeon. “The (supplies) we take for granted, Band Aids and things like that, they just don’t have.”

The donations were made to the provincial hospital in Kapisa and the regional hospital in Charikar where it is to be disseminated throughout hospitals and clinics within the areas in the near future, said Staff Sgt. Hartjen, Parwan Province Civil Affairs Team A.

“It’ll have nothing but a positive effect,” he said about the donation. “Around the area they have short supply. It’s either feast or famine and most of the time it’s famine.”

The donations made to the provincial hospital in Kapisa are scheduled to reach more than 12 clinics in the area and supplies given to the regional hospital in Charikar are expected to provide aid to 12 clinics, said Hartjen.

“They were very excited,” he said. “They already get supplies from some of the non-government organizations, but it’s sporadic.

“It’s nice to lend out a helping hand to the area with the limited supplies,” said Hartjen. “To me it’s very exciting because this helps out the infra-



U.S. Army photo by Spc. Kelly Hunt

▲ TURNING MEDS FROM “TRASH TO TREASURE”: Spc. David Martinez unloads medical supplies at the provincial hospital in Kapisa, Iraq.

structure of the country (and) is one of the things they are lacking, as far as money and funds for medical supplies, (so) to be able to help out this way is tremendous.

“It’s nice to say that we’ve added our piece to (the Army’s mission in Afghanistan),” said Hartjen. “It’s one of the best things we’ve been able to accomplish in just one day’s time.”

This Week In History



November 2, 1944

Lt Feymoyer earns Medal of Honor

While on a bomber mission over Germany, three anti-aircraft shells seriously damage the B-17 carrying navigator 2nd Lt. Robert E. Feymoyer. Despite extreme pain and loss of blood, 2nd Lt. Feymoyer refuses morphine in order to keep his head clear. The crew props him up so he can see his charts & instruments, and Feymoyer directs the navigation of the lone bomber for two and a half hours until it reaches protected airspace near England. He dies shortly after being removed from the plane and is posthumously awarded the Medal of Honor.

Words for Warriors

“Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all.”

– Gen. George Washington



Airmen help fight California wildfires

SAN ANTONIO (AFPN) — Airmen are helping combat the wildfires raging in California, officials said Tuesday.

Two C-130 Hercules equipped with modular airborne firefighting systems began operations Monday, and more will follow. The system is a self-contained, 3,000-gallon aerial fluid dispersal system that fits in the back of a C-130.

Crews from California Air National Guard's 146th Airlift Wing began flying MAFFS missions over the Simi Fire in the southern part of the state. They have dropped more than 29,000 gallons of retardant on the fire.

Aircrews from the Air Force Reserve's 302nd Wing at Colorado Springs, Colo., are also flying missions.

Pilots from the Wyoming Air National Guard's 153rd Air Wing and the North Carolina Guard's 145th Air Wing are on their way to the region with four more of the modular systems.

The fires, stretching from the Mexican border to the northern suburbs of Los Angeles, have destroyed more than 830 homes and burned out more than 500,000 acres. California officials said the fires are responsible for at least 15 deaths.

President George W. Bush declared the counties of Los Angeles, San Diego, San Bernardino and Ventura federal disaster areas.



Photo by Staff Sgt. Daryl McKamey

▲ FLYING FIREMEN: Air National Guard C-130 Hercules equipped with modular airborne firefighting systems, similar to this one, are dropping thousands of gallons of retardant on the wildfires in Southern California. The fires have destroyed more than 830 homes and burned out more than 500,000 acres. California officials said the fires are responsible for at least 15 deaths.

Deployable civilians provide expertise to AEFs

by Capt. Amie Brockway

ACC Public Affairs

LANGLEY AIR FORCE BASE, Va. (AFPN) — When their units are called to deploy, they line up for their smallpox and anthrax shots, they pack camouflage uniforms and dog tags, they get weapons training, and brush up on their self-aid and buddy-care skills. But these warriors are not airmen — at least not in the traditional sense.

They are Air Force Engineering and Technical Services civilians who work shoulder-to-shoulder with the active-duty force, providing continuity and years of expertise to aircraft maintenance and communication units Air Force-wide.

Though they are noncombatants, the civilians deploy worldwide with their units supporting the Air and Space Expeditionary Force. Being willing to deploy is part of their job description and a condition of their employment.

Of the 540 AFETS civilians throughout the Air Force, 325 are

assigned to Air Combat Command. More than 90 percent have served in the military before transitioning to a similar field as a civilian. They bring with them an average of 15 years of technical expertise, said Dr. Frank Malone, chief of the Combat Air Forces Engineering and Technical Services division.

"We don't hire people right out of high school or college. We want people who bring technical expertise to the table," Malone said. "When you put three or four (of our civilians) together, you probably have about 50 or 60 years worth of experience. They are the go-to guys when you have the most critical technical problems."

Many prior-service civilians see few differences between their former lives in the military and their current lives. They said they still enjoy the training and camaraderie of the military but have exchanged titles like "airman" and "sergeant" for "Mr." and "Ms."

"When I deployed to the Middle East after Desert Storm, I was part

of an air control squadron. It was almost like being back in the military," said Rich Miller, an ACC command system integrator who spent 12 years in the Air Force. "I found a lot of acceptance in my unit from my active-duty counterparts because they felt I was a very important part of the team effort."

As a civilian technician, Miller said much of the acceptance was fostered before the unit deployed, while he was training military technicians for worldwide contingencies.

"You stand in line with them at the immunization line, put your gas mask on during exercises and deploy to the field when the unit is practicing local communication exercises. When you are tasked to deploy, you process the readiness line, get on an airplane and land in a foreign country ready to accomplish the mission," he said.

In the past decade, the number of civilian deployments has increased significantly. They have filled 150 deployment requirements

since Sept. 11, 2001, Malone said.

"As the blue-suit environment geared up, we got busier. We mirror the (operations tempo) of the active-duty force," he said. "The more the Air Force draws down, the more AFETS (civilians) are called upon. We used to provide the technical assistance by phone. Now they want us on site at the deployed location."

The program has gained greater acceptance by commanders in the past 12 years. AFETS civilians throughout the Air Force have established credibility through their expertise and have shown their value at both their home units and their deployed locations, he said.

Like the active-duty force, civilians leave behind families during their deployments. As part of the Air Force family, the civilians' families have access to family-support programs and services at their bases, like families of active-duty airmen. Their spouses also look after each other through a spouses' network, Malone said.



◀ **READY FOR BATTLE:** An A-10 sits ready as the sky over Tallil turns dark.

Photo by Master Sgt. James Nelson

BEST

— Give Us Your —

SHOT



Photo by Master Sgt. Lance Cheung

▲ **ONE MAN'S TRASH:** A sunrise over Tallil can even give trash in caught in C-Wire an artistic appearance.



Photo by Airman 1st Class Aaron Oliveri

▲ **SUNSET OVER UR:** At the end of the day, the sun sets over the Ziggurat of Ur. The Ziggurat has seen more than 1.5 million sunsets since it's construction in 2,100 B.C.

Here's How:

We want to see Tallil Air Base and the surrounding areas from the inside and out and we need your help. If you've got a digital camera, then we want to talk to you!

Send us your best digital photo for the week and we'll chose the top shots to be published in the next issue of the *Tallil Times*.

When submitting photos, make sure they are of reasonable quality and in any PC compatible format. Next, make sure you provide us with an accurate description of the event and **COMPLETE** names of all persons pictured.

Photos without complete information cannot be considered. Photos must be in good taste and not compromise safety or security in any manner.

If you have questions, contact the Public Affairs Office at DSN 459-0014 or send your questions directly to tallil.times@tlab.aorcentaf.af.mil.



Tallil hosts bench-press competition



Photo by Senior Master Sgt. Elven Gilliam

▲ **VERY CAREFULLY:** Jonathan Mathe watches carefully as Jimmy Booth completes a lift of 365 pounds during the 332nd AEW's first-ever bench press competition Saturday. Booth, who weighed in at 200 pounds, took first place with a final lift of 385 pounds and a 1.92 ratio of weight lifted to competitor weight.

by Staff Sgt. Terry Jones

332nd ESVS Fitness Center

The 332 Expeditionary Services Squadron Fitness Center sponsored the first ever bench press competition Saturday.

Twenty people competed before a capacity crowd at the outdoor theater. The winners were determined by a ratio of weight lifted divided by body weight.

"In a contest where weight classes are hard to fill (this calculation) brings more competition to the contest," said Jonathan Mathe, competition spotter.

Taking first place was Jimmy Booth. Booth weighed in at 200 lbs. and lifted 385 lbs. for the win, a 1.92 ratio.

In second place, weighing in at 157, Viola Antonio with a lift of 275, with a 1.75 ratio.

Not far behind in third place with a weight of 164 was Inman, a lift of 285 and a 1.73 ratio.

"As the Air Force is slowly transitioning into a fit to fight force, events like this helps to see where you are strength wise," Mathe said. "We had a lot of strong competitors."

Safety, fitness center offer injury prevention tips

□ Easy, important ways to reduce your chance of sports related injuries

by Staff Sgt. Terry Jones

332nd ESVS Fitness Center

According to the 332nd Air Expeditionary Wing Safety Office, sports injuries are on the rise.

Precaution is the very best deterrent to injury prevention.

Here are some tips that will help in injury prevention:

Warm up and cool down stretches

Perform stretches before and after sports activities to increase your flexibility, reduce muscle tension and soreness, and significantly lower your chances of injury.

Stretch until you feel mild tension, not pain, and hold the stretch for 10-15 seconds.

Do not bounce while stretching. Stretching should be static.

To get the blood going, jog about one quarter

of a mile or jog in place for a couple of minutes before stretching.

Cool down is as important as warm up because it helps your heart rate decrease slowly back to normal.

Sport-specific warm ups

Use warm up activities based on the sport you are playing.

For example, if you are playing basketball, use a layup drill, since layups are part of basketball. If you are lifting weights or participating in a bench press contest, ensure you warm up the muscle groups to be used in that activity.

Proper equipment

Use equipment specifically designed for the sport or activity you are participating in.

For example, do not use running shoes to play basketball. There is little lateral support in running shoes which predisposes you to ankle injuries.

The importance of clothing

Clothing used for physical activity should be comfortable and loose fitting.

A t-shirt or sleeveless undershirt and gym shorts are best in warm weather.

Rubberized or plastic suits should never be worn during exercise. They cause excessive sweating which lead to dehydration and a dangerous increase in body temperature.

Wearing sweatsuits in the desert climate, especially when the weather is warm, can have a similar affect as rubberized suits.

Don't overdo it

Many common injuries are caused by overuse, or exercising too much and with a rapid increase in workload, particularly in activities such as weight lifting.

If you are just beginning an exercise program, seek medical advice.

Start slowly and progress gradually. Do not try to compete with someone who has been exercising for years. You are inviting injury.

Seek help from a fitness specialist, or read articles from a credible source, such as the American College of Sports Medicine or Cooper Institute for Aerobic Research. If possible, seek a personal trainer.